

DINNERLY



Low-Cal Satay Tofu and Pumpkin Salad with Lime Vinaigrette



30 minutes



2 Servings

If you're looking for good-for-you food, then here's your ticket. Toss a leafy salad in lime vinaigrette, team with satay tofu and wedges of roast pumpkin, then sit down to fabulous, fresh flavours.

WHAT WE SEND

- 250g kent pumpkin
- 1 Lebanese cucumber
- 1 lime
- mint
- 200g peanut satay tofu ^{1,5,6}
- 50g mixed salad leaves

WHAT YOU NEED

- 2 tbs olive oil
- 1 tsp dijon mustard ¹⁷
- 2 tsp honey

TOOLS

- oven tray
- baking paper
- medium frypan

Our veggies come straight from the farm,
so please wash them before cooking.

ALLERGENS

Gluten (1), Peanuts (5), Soy (6), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 455kcal, Fat 28.6g, Carbs 23.8g, Proteins 19.7g



1. Prep ingredients

Preheat the oven to 220C. Line an oven tray with baking paper. Cut the **unpeeled pumpkin** into 1cm-thick wedges (see Did you know?). Halve the **cucumber** lengthwise and thinly slice on an angle. Juice the **lime**. Pick the **mint** leaves, discarding the stems.



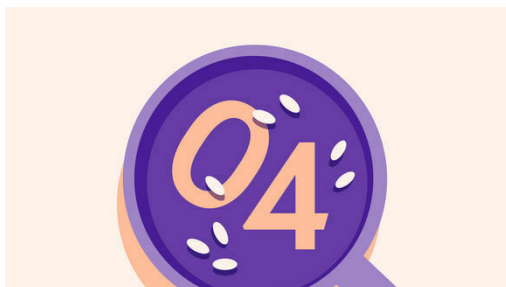
2. Roast pumpkin

Put the **pumpkin** on the lined tray and drizzle with **2 tsp olive oil**. Season with **salt and pepper** and turn to coat. Roast, turning halfway, for 25 mins or until golden and tender.



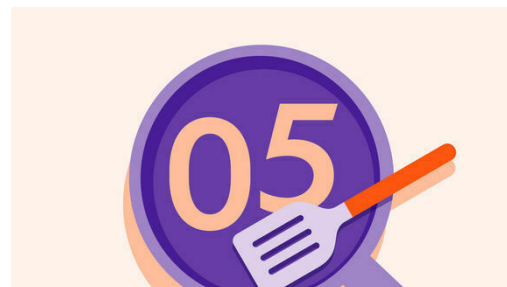
3. Warm tofu

Meanwhile, heat **2 tsp olive oil** in a medium frypan over high heat. Cook the **tofu**, turning, for 3 mins or until golden and warmed through. Remove the pan from the heat.



4. Toss salad

Put the **lime juice**, **1 tbs olive oil**, **1 tsp dijon mustard** and **2 tsp honey** in a large bowl, season with **salt and pepper** and whisk to combine. Add the **cucumber**, **mint** and **salad leaves** and toss to combine.



5. Serve up

Thinly slice the **tofu**. Divide the **salad** among plates and top with the **roast pumpkin** and **tofu**. Enjoy!



6. Did you know?

Pumpkin skin is edible, nutritious and delicious, especially when roasted. It also saves time and waste, but you can remove it if you prefer.